

# healthy living

YOUR PATH TO A BETTER YOU

## ***Sports Related Concussions: What You Need to Know***

**FREE  
VOUCHER**

**Date:** Wednesday, May 18 • **Time:** 7:00 – 8:00 pm

**Speakers:** **J. Christopher Mendler, MD**  
*Medical Director, Holy Name Medical Center  
and Medical Director, HNH Fitness®*

**Location:** **Holy Name Medical Center Marian Hall**

**Fee:** **FREE**

A concussion is a traumatic brain injury that impairs the way your brain normally functions. Concussions can cause headaches, difficulties with balance, coordination, memory and concentration, even changes in behavior. We invite you to learn more about the causes, signs and symptoms, and risk factors for concussions. Discussion will also include current prevention, evaluation and treatment strategies, as well as "Return to Learn" and "Return to Sport" considerations. Participants will receive a voucher for a FREE computerized concussion baseline test (a \$35 value) redeemable through the Holy Name Sports Medicine program located at HNH Fitness in Oradell, NJ.



Call 201-833-3336 to register or visit [HolyName.org/events](http://HolyName.org/events)